

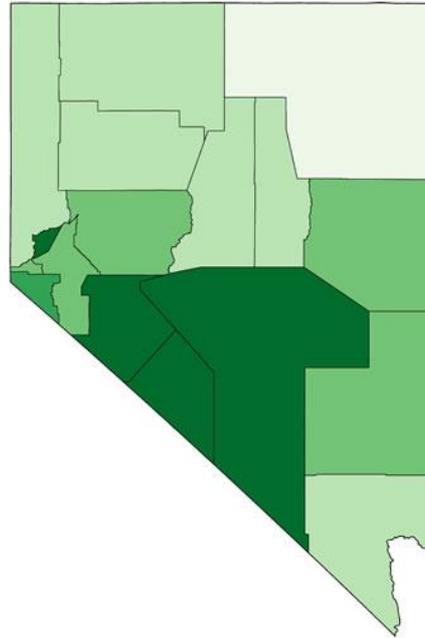
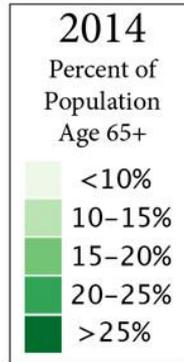
# SENIORS EATING WELL101

What We Offer and How You can Help

# SEW Why?

- ▣ 65+ - Large/growing demographic
- ▣ Medical care expenses
- ▣ Lessons picked by seniors, for seniors.
- ▣ Evidence-based





Source: United States Census Bureau

*The 65+ population in Nevada as a percent of total state population is below:*

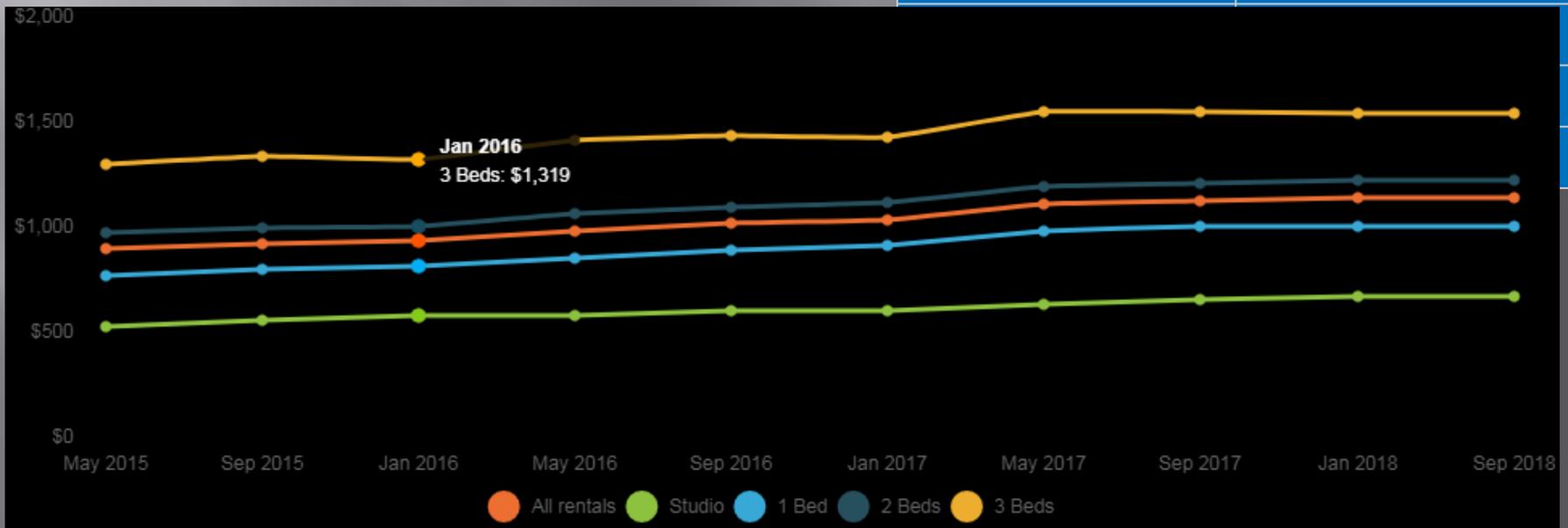
Over 65	2015	2020	2025	2030
Population	421,719	531,120	659,700	797,179
Percent	13.8%	15.4%	17.1%	18.6%
National Percent	14.5%	16.3%	18.2%	19.7%

# SEW Why?

- ▣ The average social security income per household for people receiving it in Nevada is \$17,145.

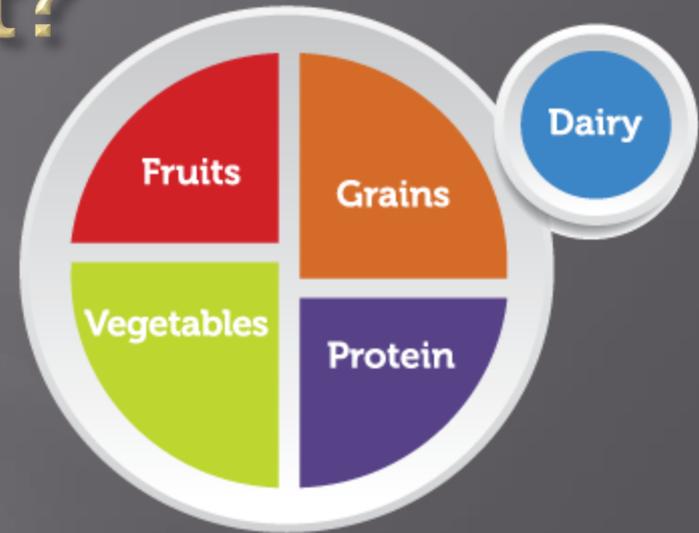
## 2018 POVERTY GUIDELINES FOR THE 48 CONTIGUOUS STATES AND THE DISTRICT OF COLUMBIA

PERSONS IN FAMILY/HOUSEHOLD	POVERTY GUIDELINE
For families/households with more than 8 persons, add \$4,320 for each additional person.	
1	\$12,140
2	\$16,460
3	\$20,780
4	\$25,100
5	\$29,420



# SEW What?

- ▣ Nine lessons, 8 weeks
  - Great Grain Discoveries
  - Senior Snacks
  - Heart-healthy meals
  - Cooking with Herbs
  - Savory Soups
  - Fitness Fun
  - Evaluating Dietary Supplements
  - Dietary Fat
  - Weight Management

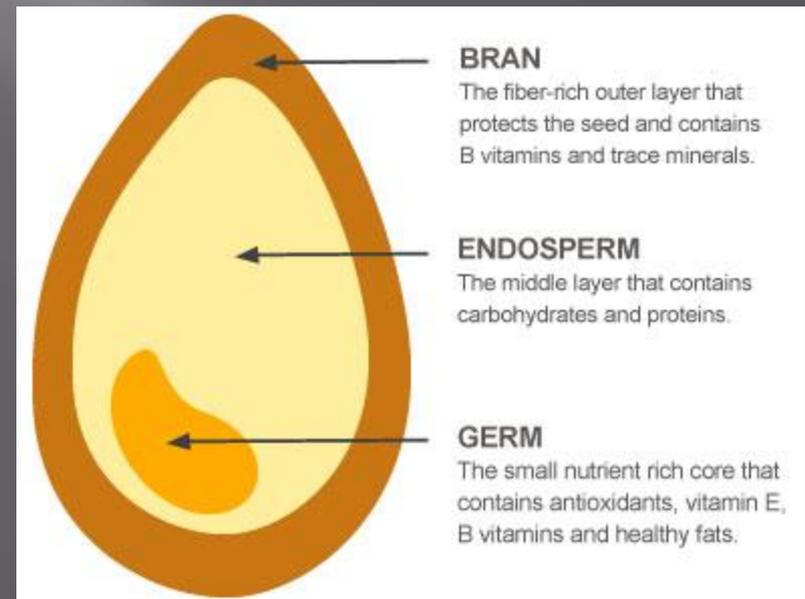


# SEW How?

- ▣ Eight classes, ~ 45-60 minutes/ each
- ▣ FREE for all clients and open to the general public
- ▣ FBNN supplies everything at no cost. All we need is a host location (pantry, meeting space, community center, etc.) with a power outlet!

# SEW How? (Curriculum Overview)

- ▣ Great Grains:
  - Defining refined vs. whole grains
  - Pros and cons of enriched and fortified foods
  - Grains vs. fruits and veggies



# SEW How?

- ▣ Senior Snacks
  - Snacking without weight gain
  - Snack= little meals, not “treats”
- ▣ Heart-Healthy Meals
  - Preparing kitchen for success
  - Shopping practices
  - Cooking principles
  - Food Safety



# SEW How?

- ▣ Cooking with Herbs/Savory Soups
  - Dangers of excess sodium (processed foods)
  - Pros and cons of fresh vs. dried herbs, and how to use each
  - Benefits of common cooking herbs
  - Store-bought vs. homemade soups
  - Foods that help with hypertension
  - “Hidden” sodium (and sugar) in “healthy” foods
  - Reading nutritional labels – the 5/20 rule



100% VEGETARIAN

### Nutrition Facts

Serving Size 1 Burger (120g)  
Servings Per Container 12

Amount Per Serving

Calories 210 Calories from Fat 60

**% Daily Value\***

**Total Fat** 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 4g

Monounsaturated Fat 2g

**Cholesterol** 0mg **0%**

**Sodium** 700mg **29%**

**Potassium** 470mg **13%**

**Total Carbohydrate** 24g **8%**

Dietary Fiber 7g **28%**

Sugars 2g

**Protein** 17g

Vitamin A 0% • Vitamin C 0%

Calcium 10% • Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** BLACK BEANS (BLACK BEANS, WATER, SALT, SUGAR, CALCIUM CHLORIDE, FERROUS GLUCONATE), COOKED BROWN RICE (WATER, BROWN RICE), ROASTED ONIONS, TEXTURED SOY PROTEIN CONCENTRATE WITH WATER, TEXTURED WHEAT GLUTEN WITH WATER, ROASTED GREEN AND RED PEPPERS, ROASTED CORN, TOMATOES (DICED TOMATOES, TOMATO JUICE, SALT, CITRIC ACID, CALCIUM CHLORIDE), CORN OIL, EGG WHITES, BULGUR WHEAT, GREEN CHILIES (GREEN CHILIES, SALT, CITRIC ACID, CALCIUM CHLORIDE), CALCIUM CASEINATE, CORNSTARCH, ONION POWDER, SPICES, CILANTRO, CHIPOTLE PUREE (CHIPOTLE PEPPERS, WATER, SALT, VINEGAR), YEAST EXTRACT, DEXTROSE, GARLIC, SALT, HYDROLYZED VEGETABLE PROTEIN (CORN GLUTEN, WHEAT GLUTEN, SOY PROTEIN), SOY SAUCE (SOYBEANS, WHEAT, SALT), ARTIFICIAL AND NATURAL FLAVORS, VINEGAR, PAPRIKA, GREEN PEPPER JUICE, JALAPEÑO PEPPERS, GARLIC JUICE, LIME JUICE, DISODIUM INOSINATE, CARAMEL COLOR, LACTIC ACID, OIL OF LEMON.

**CONTAINS SOY, WHEAT, EGG AND MILK INGREDIENTS.**

Distributed by Kellogg Sales Co.  
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**Exchange:** 2 Lean Meats, 1 1/2 Carbohydrates  
The dietary exchanges are based on the *Choose Your Foods: Exchange Lists for Diabetes*, ©2008 by American Dietetic Association and American Diabetes Association.

\*Chipotle Black Bean Burger contains 7g fat, compared with regular panfried ground beef (120g) containing 27.1g fat.

Visit [morningstarfarms.com](http://morningstarfarms.com) or call 1-800-962-0120

**Brrr...KEEP FROZEN**  
K 155616 101/ NLI# 03874

### Nutrition Facts

Serving Size 1 Burrito (170g)

Servings Per Container 1

Calories 300

Calories From Fat 60

\*Percent Daily Values are based on a 2,000 calorie diet.

Amount/Serving	%Daily Value	Amount/Serving	%Daily Value
<b>Total Fat</b> 7g	<b>11%</b>	<b>Total Carbohydrate</b> 50g	<b>17%</b>
<b>Saturated Fat</b> 1.5g	<b>7%</b>	<b>Dietary Fiber</b> 4g	<b>16%</b>
<b>Trans Fat</b> 0g		<b>Sugars</b> 2g	
<b>Cholesterol</b> 5mg	<b>2%</b>	<b>Protein</b> 9g	
<b>Sodium</b> 620mg	<b>26%</b>		
<b>Vitamin A 4% • Vitamin C 10% • Calcium 6% • Iron 10%</b>			

# KEN'S

FAT FREE

## French

Dressing



**INGREDIENTS:** Water, Vinegar, Sugar, Corn Syrup, Tomato Paste, Salt, Cellulose Gel and Cellulose Gum, Contains less than 2% of: Potassium Sorbate and Calcium Disodium EDTA as preservatives, Xanthan Gum, Garlic, Propylene Glycol Alginate, Onion, Yellow #6, Lemon Juice Concentrate, Spice, Red #40, Blue #1.

**Nutrition Facts:** Serv Size 1.5 oz (43g) Servings 1  
Amount Per Serving: **Calories 45, Fat Cal 0, Total Fat 0g-0%\***  
(Sat Fat 0g-0%,\* Trans Fat 0g), **Cholest 0mg-0%\*, Sodium 440mg-18%\*, Total Carb 12g-4%\*** (Dietary Fiber 1g-4%\*, Sugars 9g),  
**Protein 0g, Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 0%.**  
\*Percent Daily Values are based on a 2,000 calorie diet.

www.kenfoods.com



**Yoplait original**

99% FAT FREE  
LOW FAT YOGURT  
VITAMINS A & D

4 strawberry  
4 strawberry banana

170 calories

8-6 OZ (207g) SERVINGS 3 LB (1.36kg)

K D GRADE A  
KEEP REFRIGERATED

### Nutrition Facts

Serving Size 1 container (170g)  
Servings Per Carton 8

Amount Per Serving		% Daily Value*
<b>Calories</b>	170	
Calories from Fat	15	
<b>Total Fat</b> 1.5g		<b>2%</b>
Saturated Fat 1g		<b>5%</b>
Trans Fat 0g		
<b>Cholesterol</b> 10mg		<b>3%</b>
<b>Sodium</b> 85mg		<b>4%</b>
<b>Total Carbohydrate</b> 33g		<b>11%</b>
Sugars 26g		
<b>Protein</b> 5g		<b>10%</b>

Vitamin A 15% • Calcium 20%  
Vitamin D 20% • Phosphorus 15%

Not a significant source of dietary fiber, vitamin C and iron.

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

### Strawberry Ingredients:

Cultured Pasteurized Grade A Low Fat Milk, Sugar, Strawberries, Modified Corn Starch, Nonfat Milk, Kosher Gelatin, Citric Acid, Tricalcium Phosphate, Colored with Carmine, Natural Flavor, Pectin, Vitamin A Acetate, Vitamin D<sub>3</sub>.

### Strawberry Banana Ingredients:

Cultured Pasteurized Grade A Low Fat Milk, Sugar, Strawberries, Modified Corn Starch, Nonfat Milk, Banana Puree, Kosher Gelatin, Citric Acid, Natural Flavor, Tricalcium Phosphate, Pectin, Colored with Carmine, Vitamin A Acetate, Vitamin D<sub>3</sub>.

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**GLUTEN FREE**  
**KEEP REFRIGERATED**

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PACKAGED AND PROCESSED AT  
PLANT INDICATED ON CASE  
3805218108

## Coca-Cola

12 fl oz can



nutrition ingredients varieties

VERY LOW SODIUM 35mg OR LESS PER  
240 mL (8 fl oz)

### Nutrition Facts

Serving Size 1 can  
Servings Per Container 1

Amount Per Serving  
Calories 140

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 39g	<b>13%</b>
Sugars 39g	
Protein 0g	

Not a significant source of fat calories, saturated fat, trans fat, cholesterol, fiber, vitamin A, vitamin C, calcium and iron.

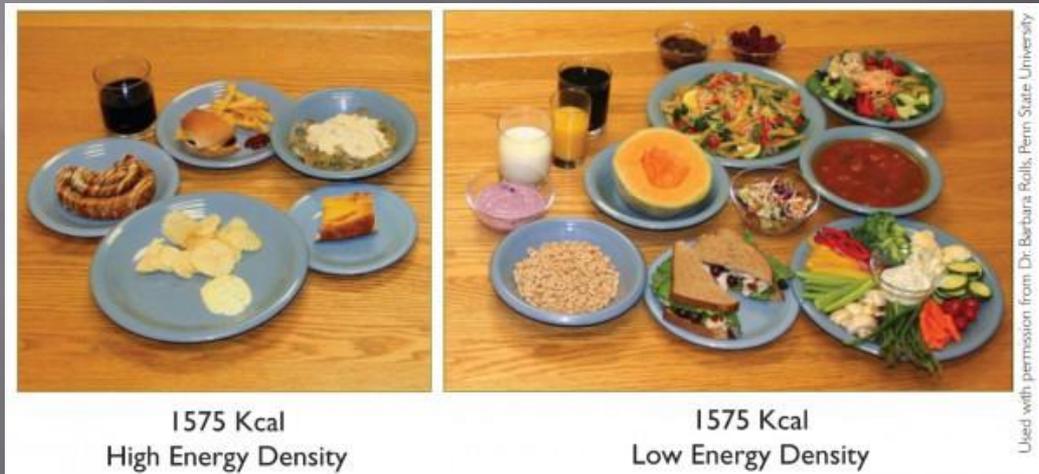
\*Percent Daily Values are based on a 2,000 calorie diet.

# SEW How?

- ▣ Fitness Fun
  - Benefits of physical activity
  - How to build a progressive strength (and balance/mobility)-building routine
  - Healthy hydration (beyond water)
- ▣ Dietary Supplements
  - How to read a supplement label
  - Diet/Lifestyle vs. supplementation
  - Identifying credible sources of info for supplements

# SEW How?

- ▣ Dietary Fats
  - Unsaturated, Saturated, and Trans Fats
  - Fat's functions in the body
- ▣ Managing Weight
  - “Energy Density” = calories per serving/weight of serving in grams
  - Connection between gut microbiome and cravings



# Call to Action

- ▣ Host a class
- ▣ Advertise Mobile Harvest events to clients and keep calendars on hand

# Any Questions?

